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# Winter 2017-18

\*\*\*All times indicated are class start times\*\*\*

Fees posted based on a 10 week session		Nov 27 - Feb 5 Monday	Nov 21 - Jan 30 Tuesday	Nov 22 - Jan 31 Wednesday	Nov 23 - Feb 1 Thursday	Nov 24 - Feb 2 Friday	Nov 25 - Feb 3 Saturday	Nov 26 - Feb 4 Sunday
<b>Active Start Program: 18 months -5 years</b>		9 weeks	10 weeks	10 weeks	10 weeks	10 weeks	10 weeks	9 weeks
Parent & Tot (18 - 36 mth)	1 hour - \$170	9:30 5:15		5:15 6:45	9:30		9:00 10:15	
Kindergym 3 years (3-4.5 yrs)	1 hour - \$170	5:15 6:45	9:30 1:00 5:15 6:45	5:15 6:45	5:15 6:45	11:15	9:00 10:15 11:30 1:00	
Kindergym 4 years (4-5.5 yrs)	1 hour - \$170	5:15 6:45	1:00 5:15 6:45	5:15 6:45	5:15 6:45		9:00 10:15 11:30 1:00	
Kindergym 5 years (5-6 years)	1.25 hours - \$185	9:30 6:30	4:45 6:30		4:45 6:30	1:00	11:30	

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<b>CanGym Program: 6 years &amp; up</b>		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Girls CanGym Beginner 6+ (Burgundy, Red, Tan Badges)	1.5 hours - \$240	5:00 6:45	5:00 6:45	5:00 6:45	5:00 6:45	5:00 6:45	9:15 11:00 1:00 2:45	
Girls CanGym Beginner 9+ (Burgundy, Red, Tan Badges)	1.5 hours - \$240	6:45	5:00 6:45	5:00	6:45	6:45	9:15	
Girls CanGym Intermediate (Bronze, Purple, Blue Badges)	1.5 hours - \$240	6:45	5:00 6:45	5:00 6:45	5:00 6:45	5:00	9:15 11:00 1:00 2:45	
Girls CanGym Advanced (Turq & up)	1.5 hours - \$240	5:00 6:45	5:00 6:45	5:00			1:00 2:45	
Girls CanGym Advanced (Turq & up)	3 hours - \$400				5:00			
Boys CanGym Beginner (Burg, Red, Tan)	1.5 hours - \$240	5:00	5:00	6:45			11:00 2:45	
Boys CanGym Int/Adv (Bronze & up)	1.5 hours - \$240	6:45		6:45			9:15	
Tramp & Tumbling (Step 1-3)	1.5 hours - \$240						11:00	
Tramp & Tumbling (Step 4-6)	1.5 hours - \$240			6:45				

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<b>Xcel Program: 5 years &amp; up</b>		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
NEW Xcel Introductory Classes - Beginner	1.5 hours - \$240		6:45					
Intermediate	1.5 hours - \$240				6:45			
Advanced	1.5 hours - \$240				5:00			

  

<b>Specialty Programs</b>		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HomeSchool Gymnastics (ages 6+)	1.5 hours - \$240			10:30 12:30				
Special Needs (ages 6+)	1.5 hours - \$240			5:00				
Acro for Dancers (ages 6+)	1.5 hours - \$225							1:00
NEW Structured Adult Gymnastics (18+)	1.5 hours - \$240			8:30pm				

<b>YOGA</b>		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga for Mini's (age 3-5)	45 min \$85	YOGA ONLY 2x 5 Week Sessions Nov 23 - Dec 21 & Jan 4 - Feb 3					9:30	
Yoga for Littles (age 6-8)	1 hour - \$95						10:15	
Yoga for Tweens (age 9-13)	1 hour - \$95					5:30		
Family Yoga (age 3-9 with parent)	1 hour - \$190 (\$95each)						11:30	

\*Drop in is unstructured. All participants under 18 years require direct adult supervision

NEW** Preschool Drop-in	\$5/child	1.5 hours		11-12:30pm	10:30 & 12:30	11-12:30pm		
Family Drop-In **	\$5/child \$10/adult	2.0 hours			2:00-4pm	2:00-4pm		
Adult Drop-In**	\$10/visit	1.5 hours		8:30pm		8:30pm		

### Important Dates to Remember:

No Classes Dec 25th- Jan 1st

### Registration Begins:

October 23rd: Pre Registration Online for current athletes  
October 30th: Public Registration Online for new athletes  
November 6th: Walk-In Registration (cash, cheque, debit, credit available)

\*\* A one time annual \$2 insurance fee will be added to all drop in prices

\* \$42 AGF annual registration fee will be added to all prices

\* Schedule subject to change \* Refunds only issued for medical reasons with doctor's note.